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ABSTRACT

The primary health educators of children are their parents; secondary health educators of children are their teachers. This book provides a resource for parents and teachers interested in child and school health and offers guidance to promote the health of children between the ages of 5 and 12. An introductory chapter describes such terms as health, health knowledge, attitudes, practices, health education, and fitness. Chapters 2, 3, and 4 are concerned with the physical, social, and emotional health of children. Taken into account are such factors as needs of children, teacher observation of health of children, and how children can develop physical, social, and emotional health concepts. Chapter 5 covers nutrition, including eating habits of children and childhood obesity. In chapter 6, emphasis is placed on body restoration in the form of rest, sleep, and relaxation. In chapter 7 the area of stress is discussed as an impact on child health with emphasis on home and family stress and stress in the school environment. The final chapter is concerned with the elementary school health program and takes into account such areas as school health services, healthful school living, and school health education. (Contains 28 references.) (LL)

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